






Produce of the Month

Cherries








Nutritional Information

-  Tart cherries contain melatonin, which can help you fall asleep.
-  Cherries contain pain-relieving properties.
-  Cherries' deep, red color comes from flavonoids that are powerful antioxidants.
-  Excellent source of potassium which helps reduce blood pressure.
-  Also high in Vitamin C and fiber.

Fun Facts

-  In 1912, Japan gave the US over 30,000 cherry blossom trees.
-  Canada holds the record for baking the largest cherry pie – over 39,000 pounds!
-  Cherries are related to almonds, peaches, apricots and plums.
-  Eau Claire, Michigan is known as the Cherry Pit Spitting Capital of the World. They host a cherry pit-spitting contest every year.

Selecting, Storing, Preparing

-  Look for cherries that are deep and rich in color.
-  Cherries should be firm with no wrinkles in the skin.
-  Coolness keeps cherries fresh, so store immediately in a plastic bag in the refrigerator.
-  Cherries freeze well for future use.
-  Be careful to remove the small, hard pit in the center of the cherry.

Recipes/Ideas

Snack on cherries fresh from the bag for a sweet treat. Watch out for pits.

Cook 1 lb. of pitted cherries with brown sugar, balsamic vinegar and fresh thyme to create a compote to serve with cheese or ice cream.

Add dried cherries to a salad for a tangy, chewy bite.

Cherries make an excellent addition to sauces for your favorite meat dishes.



For more ideas:

<http://www.buzzle.com/articles/cherry-fruit-facts.html>

<http://www.health.com/health/gallery/0,,20718862,00.html>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You